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# COOK, EAT & ENJOY!

*Children & families are invited for free cooking classes this summer*



## Contact:

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**Martin County, FL –** The Florida Department of Health in Martin County is partnering with the Martin County Library System and the Golden Gate Center for Enrichment to offer free cooking classes for children and families this summer.

The classes support the *5-2-1-0 Let's Go* initiative, a national model for reducing obesity rates, which promotes increasing physical activity and intake of fruits and vegetables, while reducing screen time.

The hands-on classes are led by Marybeth Peña, a nurse program specialist with the health department and certified diabetes educator. "Our goal is to help children and families understand that food is fuel for our bodies," said Peña. "Through meal and snack preparation, we are educating and inspiring families to make choices that support wellness and reduce the risk for chronic diseases such as diabetes and heart disease."

Each class will highlight different topics including: *Media Smart Families*, *Families & Food Culture* and an *Introduction to Vegetable Gardens*. All the classes are free, but registration is required. For a list of classes, log on to: [www.MartinCountyHealth.com](http://www.MartinCountyHealth.com)

Reducing obesity rates is a priority area in the Martin County Community Health Improvement Plan (CHIP) and the *5-2-1-0* initiative was adopted by the obesity sub-committee to address this chronic health issue. Information about the CHIP can be found here: <http://martin.floridahealth.gov/programs-and-services/community-health-planning-and-statistics/documents/MCCHIP.pdf>

## About the Florida Department of Health

The department, nationally accredited by the [Public Health Accreditation Board](http://www.fda.gov/oc/ohrt/), works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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